

## Tape achilles tendon

K-Active

Directly to taping achilles tendon

### Main application area

Achilles tendon pain such as peritendinitis and bursitis

### What you need

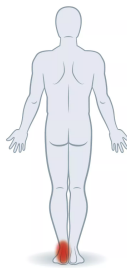
- 3 tape strips
- 1 x long tape (blue)
- 1 x shaped tape (pink)
- 1 x short tape (black)

### Duration of application

Up to 7 days

## Achilles tendon pain

Achilles tendon pain is common and can have many causes. It can be the result of **overuse**, **injury** or **chronic irritation** of the tendon. This pain often affects mobility and requires appropriate pain relief and recovery measures.



### Information

#### General information

The Achilles tendon, one of the **strongest and thickest tendons** in the human body, is located at the **back of the lower leg**. It links the calf muscle to the heel and plays an essential role in everyday movements such as walking, running and jumping.

Its main function is to transfer the forces that occur to the heel. The Achilles tendon **enables plantar flexion of the foot**, which allows us to move our toes down and stand on our toes. This movement is of great importance for numerous daily activities and athletic performances.

#### Causes

Achilles tendon pain can be caused by quite a few factors, including:

- Overuse:** The Achilles tendon can become irritated from repetitive strain and overuse, especially during activities such as running, jumping and intense sports.
- Lack of warm-up and stretching exercises:** Not doing warm-up or stretching exercises before exercise can make the tendon more susceptible to injury.
- Misalignment:** Various deformities of the foot, such as flat feet, low feet, high feet or bunions, can increase the stress on the Achilles tendon and cause pain. This can result in overpronation (downward rotation) or supination (upward rotation).
- Improper shoe choice:** Wearing the wrong shoes during sports or everyday life can put additional stress on the Achilles tendon, especially if there are deformities of the foot.
- Age:** With age, the tendon loses elasticity and becomes more susceptible to injury.
- Injuries:** Injuries or traumatic events such as falls can damage the Achilles tendon.
- Lack of recovery:** Too short or lack of recovery breaks between intense sports activities can overload the tendon.

#### How does K-Active tape help with Achilles tendon pain?

K-Active tape is a supportive option for Achilles tendon pain. It relieves pain, reduces inflammation, provides tendon support and promotes proper foot alignment. The tape application offers a gentle method of pain relief and recovery support, but without restricting natural range of motion.

## Taping achilles tendon - Tips



Apply before activity



Dry & clean skin



Round off tape edges



Rub over tape after applying



Do not wear for more than 7 days

## Step by step tape tutorial

Download instruction



→ 1. Start with the blue tape strip first. Tear the tape approximately in the middle and attach it as a base to the calcaneus (heel bone). To do this, remove the paper from the bottom side.



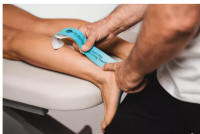
→ 2. Position the foot in maximum dorsal extension. Bring the lower part of the tape toward the toes with high tension (50%). Reduce stretch from the arch of the foot (25%).



→ 3. Apply the end of the tape up to the base point (heel) without tension. Rub over the tape to activate it.



→ 4. Pull the tape in the direction of the calf and apply it with maximum tension (70% stretch) in the area of the Achilles tendon.



→ 5. Reduce tension to apply the tape laterally along the Achilles tendon.



→ 6. Apply approximately 50% stretch to the tendon area.

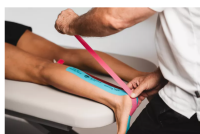


→ 7. Apply the end of the tape without tension.



→ 8. This is how the final application of the blue tape looks like.

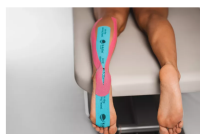
## Muscle technique



→ 9. Take the pink tape strip and apply the base to the calcaneus (heel bone). Apply the first rein with a light stretch (20% stretch) along the side of the calf.



→ 10. Attach the second tape rein in the same way (25% stretch).



→ 11. You're done with the pink tape.

## Stirrup



→ 12. Apply the base of the black tape strip to the plantar calcaneus (bottom of the heel bone) without tension (0% stretch).



→ 13. Apply the corresponding tension (25% stretch) to the two ends and fix them well.



→ 14. Et voilà! The application is completed.